

SPONSOR TRAINING

THURSDAY
29 MARCH
0900 - 1100
Blenheim Crescent
NAVACTUK
Conference Room
Ground Floor

**SIGNUPS
ARE
REQUIRED**

Navy Family Service Center
PSC 821 Box 59
FPOI AE 09421
01895-61-6504
sturges@cnauk.navy.mil



There are **three components** of being a "Great Sponsor":

First, your command must select the right person to match the newcomer; e.g, single to single; married to married; etc!

Secondly, the sponsor must be committed to give 100% to do the best possible job; and

Thirdly, the sponsor will need the tools and information to bring it all together!

We have no control in matching sponsor with newcomers nor can we force you to be committed to doing the best possible job; but we can provide you the right tools and information to help you on your way.

PCS SMOOTH MOVE



Monday, 26 March 2001

0900 - 1500 Building 115 RAF West Ruislip

- ♦ **PCSing in six months? Find out how you can make your next PCS move an easy and smooth transition**
- ♦ **Tips/Checklists for making a smoother move**
- ♦ **PCS Entitlements/TLA**
- ♦ **Financial Considerations**
- ♦ **Handling Moving Stress**
- ♦ **TRICARE/Medical Considerations**
- ♦ **Postal Matters**
- ♦ **Legal Issues**
- ♦ **Household Goods/Customs**
- ♦ **Housing Issues**

SIGNUPS REQUIRED


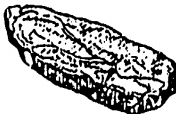


CONTACT THE FAMILY SERVICE
CENTER AT 01895-61-6500 OR
EMAIL MIKE STURGES AT
sturges@cnavy.mil



COMMISSARY INFORMATION

SO WHAT'S YOUR BEEF???

BEEF COOKING INDEX

Beef Cut	Location	Suggested Cooking	How To Steps	Servings per Lb.	Cooking Tips & Recipe Ideas
Blade Roast	 CHUCK	1. Braise 2. Stew	<u>To Braise:</u> 1. Brown in oil. Season. 2. Add ½ cup liquid. Cover. 3. Simmer on LOW or in 300°F oven for 2-2½ hours. 4. Add liquid if needed. 5. Add vegetables during last hour. <u>To Stew:</u> 1. Cut beef into cubes. 2. Dust with flour, spices or herbs. 3. Brown slowly in oil. 4. Completely cover cubes in liquid. 5. Cover. Simmer on LOW heat 2 hrs. 6. Add vegetables. Cook 30 min. more.	2½	Use wine, broth, tomato juice or water as the liquid. <u>For Pot Roast:</u> ADD - Potatoes OR - Tomato Onions Peppers Carrots Onion <u>For Chili:</u> ADD - Onion, Garlic Chili Powder, Salt Cumin, Oregano, Pepper Canned Tomatoes Pinto Beans
Blade Steak					
Bottom Round Roast	 ROUND	1. Braise 2. Roast	<u>To Braise:</u> See instruction for Blade Roast above. <u>To Roast:</u> 1. Place meat thermometer in center. 2. Roast at 300°F for 20 min./lb. 3. Remove from oven at 135°F - rare. Remove from oven at 155°F - med. 4. Let stand 15 min. before carving.	3-4	Use wine, broth, tomato juice or water as the liquid. <u>For Pot Roast:</u> ADD - Potatoes OR - Tomato Onions Peppers Carrots Onion <u>For Roasting:</u> Rub with herbs. Or stuff with chopped peppers, garlic, black pepper and salt.
Bottom Round Steak	 ROUND	1. Braise 2. Stew	See instruction for Blade Steak above.	3-4	Use wine, broth, tomato juice, water or other seasoned liquid.



OPTICAL SHOP

Navy Exchange
RAF West Ruislip
01895-616652 or x6652

FRAME SALE

10%

DISCOUNT

ON ALL FRAMES
OFFER UNTIL 31st MARCH
Business Hours 10 - 6 Thu, Fri & Sat





FROM THE OFFICE OF DODDS UK SUPERINTENDENT

BY: DR. SCARLETT R. REHRIG



Intelligence is multi-faceted. Every child is quite remarkable in certain ways. Every child benefits from enriching activities and educational experiences that recognize these strengths. The Department of Defense Education Activity seeks to provide an educational program in which each student may grow according to his or her promise. Some students require gifted education services to optimize their potential.

DoDEA schools have implemented new identification procedures for gifted education. These new procedures guide school personnel in determining how to identify students who are eligible for gifted education. Principals and teachers are preparing for the implementation of the new procedures by attending staff development sessions this school year. The new procedures will be in place to identify students for school year 2001-2002.

The identification process has four steps. Students are referred to the gifted Review Committee by a parent, teacher, or someone who knows the student well. Some students are referred as the result of very high test scores. Second, parent permission is sought for the collection of information about a student's strengths which is presented for a committee review. Third, the committee reviews each student's profile and determines whether or not the child is eligible for gifted education services. Fourth, the committee recommends services for the identified students. Parents are notified whether or not their child is eligible for these services.

The Gifted Review Committee considers all information on students who are referred. Assessment data includes rating scales, observations, samples of student work, grades, test scores, and anecdotal information. Students who are found eligible for gifted program services have profiles that indicate potential and/or performance at the highest levels. A general guideline is performance or potential within the top 2-4% of the student population. This means that a student's potential and or performances are remarkable for that age or grade.

No specific score or set of scores can validate eligibility for gifted program services. Students are individually gifted, demonstrating their abilities in a wide variety of ways. It is the quality, intensity, and pattern of strengths that a student displays that provides the identification committee with the information necessary to indicate giftedness to such a degree that the regular education program must be significantly modified for a child.

When a student is not identified for gifted program services, it does not mean that he or she is not gifted but rather that his or her strengths can be accommodated within the regular school program. Each school offers multiple ways of enriching learning activities, both within and outside the classroom. Ask your child's principal and teachers about the variety of options available at your school.

Read Across America Comes to West Ruislip

BY: MS. JACQUELINE MAYO

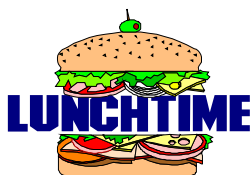
WRES Teacher

March 2nd has been set aside as Read Across America Day. This marks the fourth year for this program that was designed to promote literacy. It also marks the day of the birthday of Dr. Seuss. Many of his books are read during this special day.

At West Ruislip, the children brought in their sleeping bags and their favorite books to participate in a read-in. Many of the children had the enjoyment of having green eggs and ham for breakfast. For the third consecutive year, the JROTC came to delight the children with stories. The older students from Grade 5 came to read to the younger students as well.

There were two great highlights for the students during the day. The JROTC performed some of their drills for the students in the afternoon. The other great surprise was having the District Superintendent, Dr. Rehrig and Principal, Ms. Parsons share books with the classes.

It was truly an exciting way to promote literacy in fun and engaging ways. The students would like to thank Mr. Osborne, the JROTC, and others for making the day a great success.



THE STEGGY CAFE!

West Ruislip Elementary School Lunch Menu



Monday, 19 March - Italian Meatball Sandwich, Mixed Veggies, Fruit Cup
Tuesday, 20 March - Chicken Nuggets, Mashed Potato, Mixed Veggie
Wednesday, 21 March - Sloppy-Joe on a Bun, Apple Sauce
Thursday, 22 March - Chili & Rice, Green Beans, Bread & Butter, Apple Sauce
Friday, 23 March - Fish Sticks, Peas, Mashed Potato, Bread & Butter

Monday, 26 March - Hot Dogs, Orieda Potatos, Fruit Cup
Tuesday, 27 March - BBQ Wings, Mashed Potatos, Corn Jello
Wednesday, 28 March - Ha 'n' Cheese Sandwich, Fresh Carrots, Apples, Potato Chips
Thursday, 29 March - Pizza, Fresh Salad, Apple & PB Cookies
Friday, 30 March - Fish Patty, Peas, Orieda Potatos, Bread & Butter

(Note: Peanut Butter & Jelly Sandwiches, Whole, Low Fat & Chocolate Milk Always Available!)



HUMAN RESOURCES SERVICE CENTER EUROPE

Ted Canelakes, Director; Jeff Gooding, Deputy Director
PSC 821, Box 121, FPO AE 09421-0121; www.donhr.navy.mil

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A NEW E-GOVERNMENT CZAR?

The Council for Excellence in Government has recommended that President Bush add an electronic (E)-government czar to his Cabinet. Citing the Internet's revolutionary potential, the Council recommended that business leaders, including the U.S. President, embrace e-government and implement the following:

- *Create a public-private council devoted to e-government and headed by an e-government czar.

- *Change the Deputy Director for Management at the Office of Management and Budget (OMB) to the Deputy Director for Management and Technology.

- *Create a new "Office of Electronic Government" within OMB and another within Congress.

- *Increase the government's technology spending by \$3 billion over five years to finance collaborative e-government initiatives across government.

The federal government is increasingly conducting business on-line and has already implemented a single entry portal to a wealth of federal materials available at Firstgov.gov.

OSC, LABOR JOIN TO HELP VETS

The US Office of Special Counsel (OSC) and the Veterans' Employment and Training Service (VETS) within the Department of Labor are joining forces to help veterans protect their legal rights. Under a new Memo of Understanding, OSC will refer individuals to VETS when it receives an allegation of a veterans' preference violation. Additionally, VETS will refer meritorious claims under the Veterans' Employment Opportunities Act of 1998 (VEOA) to OSC for review for possible disciplinary action. With respect to claims under the Uniformed Services Employment and Reemployment Rights Act of 1994 (USERRA), the MOU establishes rules for the two agencies to coordinate a complainant's request to have a USERRA claim referred to OSC for review. USERRA is designed to prohibit discrimination against an individual because of his or her military service. VEOA established a redress mechanism for those who believe their veterans' preference rights have been violated. POC Lisa Conradi, Appeals Manager, at X5332.

If we can assist you, please contact HRSC's Eastcote office at 0208-385-xxxx; DSN prefix 235:

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